

Woman's Page

Is Beauty a Disadvantage? Forgetting Beauty Is Greatest Source of Comfort to Possessor—Kindness of Heart Beautifies Any Face—Mental Cultivation Solves Problem—Poor Circulation Cause of Clogged Pores—People Eat Breakfast Too Rapidly—Almond Meal Good Substitute for Soap—Doctor's Advice Regarding Children's Food—Recipe for Batter Pudding.

IS BEAUTY A DISADVANTAGE?

Beauty is a gift that should be appreciated and respected, and the woman who possesses it holds a power for good beyond all her less fortunate sisters. To be sure when the possession of beauty is compared with the possession of great wealth, it is hard to discriminate when discovering who are your friends.

From the days of extreme youth when little to the grown up days when beauty is sought as much for its influence upon others as for the pleasure it gives—beauty has been a target—and the great comfort derived from the possession of beauty is measured by the capacity one has for forgetting it.

To be constantly conscious that you are beautiful to look upon would dwarf any other consciousness and would in time make an idiot of a normally minded person.

There is no real beauty without intellect, for a face devoid of serious thought is nothing less than dough. To be sure, temptations are greater for beautiful women than for plain women. Therefore, their goodness should be greater—and all women are good according to the amount of godliness they possess.

Kindness of heart and generosity of thought will beautify any face however plain, so no woman need be ugly. Beautiful features certainly have an advantage over plain or irregular features, but even the beautiful features can grow distorted and

ugly by hardness of heart, temper and intemperance. One beauty bewails the fact that beautiful women are criticised more severely than others. That is quite true, but they are better able to stand the criticism, and, after all, we must remember there is the law of compensation.

Beauty must pay the penalty of its pulchritude—so things are evened up. All women have the same chance in this world, for all women have minds. It is the development of the mind that opens all roads to women.

A woman at 70 can be as beautiful as she was at 20, but in a grander way, as the love of humanity grows and drives out all selfishness.

Remember—The problem of beauty is in its mental cultivation.

CAUSE OF CLOGGED PORES

Poor circulation is not always the cause of clogged pores. They also become clogged from neglect. To keep the pores of the face clean one should wash the face thoroughly each night before retiring. First cleanse it with a good cold cream, allowing the cream to remain on the face for about ten minutes, then take what is left off with a soft cloth. Wash the face in warm water, not hot, plenty of soap, and complexion brush is better than a wash cloth. Rinse the face first with warm water, then cold, using the cold last. The cold water will make the flesh firm and close the pores.

EAT BREAKFAST TOO RAPIDLY

As a matter of fact, there is no time the general bolting of food at noon-time that there is supposed to be. People eat too rapidly it is true, for that is an American habit, but not always at luncheon. But at breakfast people eat too rapidly, or do not eat at all and the practice is not due to habit, but to the requirements of time. This is particularly true of the girl or woman who works. She sleeps until the last minute, probably because she has shortened her hours of rest by attending a theater or having a social call the night before. She does not permit herself sufficient time to attend to her morning duties, and the necessity of haste in the morning carries more penalties than are apparent at first thought.

ALMOND MEAL

Almond meal is good to use in place of soap. You can get it at any drug store. Put a little of it into small cheesecloth bags and wash the face with these instead of soap. This is an excellent cleanser and leaves the face smooth and white.

WEARING GLASSES

Glasses should be worn as near the eye as possible. When an inch or more from the eye they are not only unbecoming but are a strain, as the lenses are rarely made for focusing at that distance.

DOCTOR'S ADVICE

Dr. A's young son said: "Isn't it funny that my mother always says, 'O, if that recipe has four eggs use that'?" The young son was visiting in a home where most of the large family of children were under his mother's care, for no other reason than that they were undernourished. It was at home in which the mother was proud of saving many cents in making cakes and puddings by using egg powders and milk substitutes, little realizing that the albumen needed for the strengthening of little muscles was just the thing she was eliminating from her children's diet when she eliminated the albumen of fresh eggs and milk.

"Can't you write something about these false economies?" the doctor asked. "Isn't it a shame that the child is betrayed by the cakes and puddings which are means of making the eggs and milk most attractive to him?" Then the doctor added: "I think children ought to be given more things like good batter puddings with egg sauces."

In speaking thus the doctor was speaking against her own interests. She would have little or no business

State of Ohio, City of Toledo, Lucas County, ss. Frank J. Cheney makes oath that he is senior partner of the firm of J. C. Clayton & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every copy of said article that cannot be cured by the use of Dr. J. C. Clayton's Catarrh Cure.

FRANK J. CHENEY.

Sworn to before me and subscribed to in my presence, this 6th day of December, A. D. 1913.

A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surface of the system. Send for testimonials, free.

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Grocery Bargains

WE GIVE, ARE SURE BUSINESS-GETTERS. NO PRICE-AGREEMENTS FOR US—

Bartlett pears, bushel \$1.25
More wild plums coming.
Snow-white cauliflower, lb60
Small pickling onions, lb50

THE BEST OF MEATS

Pork chops, pound 15c
Lard, pound 15c
Fresh loose coconut, lb 20c
7 bars crystal white soap 30c
High Pat. flour, sack \$1.00
Barrel fresh ginger snaps 20c

Smith Meat & Grocery

Phones: 284 and 285. 26th and Wash.

In the family where the milk and egg powders are used, the children were not undernourished.

NOURISHING FOOD

The saddest thing about not giving children foods that nourish, instead of merely fill, is not only that they will have small illnesses now, but, so underfed, they cannot lay up those stores of energy which they so sorely need for a life of effective activity and freedom from pain.

To one interested in what food can do in the way of both harm and good there hardly passes a day when some incident does not come up to show how much we need to learn and how many dozens of objections we put forward for not learning. Who ought to begrudge some weeks or months or even a few years out of a whole lifetime spent in learning how to eat right and so how to be well? Barring accident, nothing can harm a man who has fairly good air to breathe, except the food he eats.

We so sorely misunderstand this question of proper nourishment, because our wonderful bodies will make every shift, will make adaptation after adaptation, one organ taking up the work of another, to unfavorable conditions, overworking forces that when they have to give out in time, until every spark of native energy, every bit of vitality in the last few drops of pure blood is used up.

TRAGEDIES OF LIFE

There is but one real story of life, and that is a story people do not like to listen to; they wholly misinterpret its many and frightful tragedies. Yet there are people who can tell it so well that their description is as fine as that of a sunset. It is the story of the alimentary canal, whence all our health and all our miseries.

As to egg powders, one may not condemn them without investigation. The most of us never use them, for we know that the ounces of energy that must be taken out of them in the manufacture is worth much more than the money saved.

What we have heard about them makes us extremely skeptical. They have their place in frozen zones, but it is generally understood that they are not made of fresh, well flavored eggs. Eggs in the shell deteriorate rapidly in this respect, and when they are so deteriorated for the powder making, they gain nothing by desiccation. Some leavening agent is probably added to them in most cases, and this certainly has no food value.

The egg story is such a long one that one hesitates to try to say anything about it in a short space. "Eggs Used Their Usual Food," farmers' bulletin No. 128 (perhaps there is a later publication), is to be had free, and its forty pages are thoroughly worth perusing more than once. It contains no recipes.

RECIPE

The following is the doctor's recipe, for which she uses both fresh and dried fruits, black berries, cherries, peaches, blueberries, dried apricots, peaches, etc.

Batter Pudding—Four eggs, three cups and three-fourths of flour, one pint of milk, one-half a teaspoon of salt, one tablespoon of melted butter, two heaping teaspoons of baking powder, one pint to one quart of fresh fruit or one-half a pound of dried fruit. If dried fruits are used they should first be stewed and allowed to cool before being used in the pudding, the juice being first drained away. Beat the whites and yolks of eggs separately, add the milk, then flour, and beat together, the melted butter, and last the baking powder. Dredge the fruit with flour, add to the pudding, and pour into a greased pan. Cover tightly, put in boiling water, and boil continuously for three or four hours. When the water boils away always replenish with boiling water. Serve with hard sauce or cream and sugar.

MOTORCYCLIST MAY DIE FROM COLLISION

Salt Lake, Aug. 26.—A motorcycle carrying Harry Lovett, 16 years of age, and his sister Lucy, 19, collided with a bicycle ridden by Andrew Westenshaw, 35 years of age, at North North and Second West streets, at 7:30 o'clock last night, with disastrous results. Lovett suffered a fracture of the base of the skull and is in St. Mark's hospital in a serious condition. Westenshaw, rendered unconscious by the shock, was also taken to the hospital, but later recovered sufficiently to be taken to his home at 20 Hotchkiss court.

The young woman was taken to the emergency hospital at police headquarters by Patrolman W. H. Hendrickson and Chauffeur Walter Griffin. She suffered abrasions of the right arm and the nose, but was not seriously hurt, and smiled as her hurts were dressed, when for a moment she forgot her concern for her brother.

Besides a basal skull fracture, Lovett's left ear was torn and the right eye a severe cut. The right eye, besides numerous minor abrasions. He had not recovered consciousness up to a late hour last night and was delirious for some time after being taken to the hospital.

According to Lucy Lovett, the motorcycle was southbound and met the man on the bicycle going north while both were heaved in by two wagons. The collision was impossible to avert, she said. The young people were out for a pleasure ride and had just turned back toward home.

Lovett and his sister live with their grandmother at 44 North Seventh West street, their parents being dead, and the boy is associated with an elder brother in the operation of Lovett's foundry, at the same address.

At an early hour this morning Lovett was still unconscious. According to Dr. George Roberts, who attended him, his condition is precarious and hope of his recovery will depend upon developments.

WAS REFUSED A KISS.

Philadelphia, Aug. 25.—Enraged when she refused to kiss him goodbye before he ended his life, Thomas Keene tonight shot and seriously injured his wife, Mrs. Rita Keene. He then held a squad of policemen at bay while he swallowed poison. He was taken to a hospital where after a stomach pump had been used he was discharged, but collapsed and died in his cell.

The young couple have been separated for seven months and today the husband was served with papers in a divorce suit. He sought his wife and begged her to give him one last goodbye kiss. When she refused he shot her.

UTAH GOOD FOR SUGAR BEET SEED

A representative of the great beet seed firm of K. Buzeynski & M. Lazyski, who annually furnish Utah and other beet growing sections of the United States with much of its sugar beet seed, was a visitor at the Utah Agricultural college last Saturday. In company with Dr. F. S. Harris, he inspected the seed being grown on the North Logan experiment farm and pronounced it good. His firm has experimental fields of that commodity at Garland, Idaho Falls and Sugar City, Idaho this year. The company intends to use those fields very much next year as it regards Utah and Idaho as being adapted to the growing of a good grade of seed.

The firm's main seed-raising plants are located in Russia, Germany and Austria. The results of the investigations of these gentlemen are regarded by the college authorities as a vindication of the claim that this state can produce a good class of sugar beet seed. Of course the question of higher priced labor in America enters in. What effect it will have on the outcome is uncertain.

Tan, Red or Freckled Skin Is Easily Shed

To free your summer-solled skin of its oiliness, muddiness, freckles, blotches or tan, the best thing to do is to wash the face with a skin cleanser. This is easily accomplished by the use of ordinary mercurized wax, which can be had at any drug store. Use at night as you use cold cream, washing it off in the morning. Immediately the offending surface skin begins to come off in fine powder-like particles. Gradually the entire cuticle is absorbed, without pain or inconvenience. The second layer of skin now in evidence presents a spotless whiteness and sparkling beauty obtainable in no other way I've ever heard of.

If the heat tends to loosen and wrinkle your skin, there's an effective and harmless remedy you can readily make at home. Just get an ounce of powdered salolite dissolve in a half pint of liquid, and bathe your face in the liquid. This at once tightens the skin and smooths out the lines, making you look years younger.—Emily Coulson in Popular Monthly.

WIFE ASKS \$5000 FOR DEATH OF HUSBAND

Salt Lake, Aug. 26.—For the death of her husband, Charles H. Ingham, who was crushed under a city flusher several months ago while trying to stop the horses from running away, Mrs. Alice Ingham filed a claim with the city commission last night for \$5000 damages. She avers that the city is responsible inasmuch as it was the breaking of a city hydrant that caused the runaway by throwing a stream of water onto the flusher. Ingham rushed out to stop the team and was trampled under foot and killed.

The claim was referred to the law department.

A communication endorsing the suggestion from the Commercial club that the city commission create a civic art commission, was received from the University club. It was filed. The city commission has the matter under advisement.

"For the good of the service," N. J. Carter and A. A. Carlson were removed from the fire department last night on recommendation of W. H. Bywater, chief of the department. W. E. Wilkins and H. E. Anderson were appointed in their places.

Now Well After Using Eckman's Alternative

The makers of Eckman's Alternative, which is doing so much good for Lung Trouble, are continually in receipt of wonderful reports of recovery brought about solely through the use of this medicine. Investigate the case of this writer who used Eckman's Alternative and who is today enjoying good health:

421 Second Ave., Auron, Ill.

"Gentlemen: Pardon me for not writing sooner, but I wanted to see if I would stay cured. I can now truthfully say I am perfectly well. I have no pain, no cough, no night sweats, no hay fever. Since a child of two years I have been ailing with lung trouble, which grew worse as I grew older. At the age of fourteen the doctor said if I could not be sent South I would surely die of Consumption. Every winter I would be sure to have either Bronchitis, Pleurisy or Pneumonia. I had Typhoid-Pneumonia one time. I had catarrh of the stomach and bowels and had my fever for the last few years; but have not anything of the kind this year. I will answer all letters sent to me, asking as history of my case from any one suffering with lung trouble."

(Affidavit) ETNA PLATH. (Six years later reports still well.) Eckman's Alternative has been proven by many years' test to be most efficacious in cases of severe Throat and Lung Affections, Bronchitis, Bronchial Asthma, Stubborn Colds and in upbuilding the system. Does not contain narcotics, poisons or habit-forming drugs. For sale by A. R. McIntyre, The Badon Pharmacy, T. H. Carr, Culley Drug Co., Marshall Drug Co., Cave Drug Co. and other leading druggists. Write the Eckman Laboratory, Philadelphia, Pa., for booklet telling of recoveries and additional evidence.

SOUTH AFRICAN VISITOR IN UTAH

H. Godfrey Mundy, government agriculturalist and botanist of South Rhodesia, Africa, visited the Agricultural college experiment farm at North Logan last week and dined with its director, Dr. E. D. Ball. Mr. Mundy has been sent by his government to study agricultural conditions in Canada and the United States, with the

object of learning in what respect the agriculture of that part of the dark continent may be improved.

He expressed himself as pleased with what he saw at the Logan farm and considered he had gathered some valuable points from his inspection. There are a number of government experiment farms in South Africa, says this investigator.

INCREASE WORLD'S GRAIN PRODUCTION

Washington, Aug. 26.—An increase of 3.9 per cent in the production of wheat in the principal wheat producing countries of the northern hemisphere is reported by cable to the United States department of agriculture by the International Institute of Agriculture at Rome, Italy.

Figures for the crop reported are: Wheat—Preliminary figures of production this year are, in Prussia, 94,106,000 bushels; Russia, 812,541,000 bushels. In the following named countries, the total production is estimated at 2,684,000,000 bushels, which is 3.9 per cent more than was produced in the same countries last year.

Belgium, Bulgaria, Denmark, Spain, Italy, Luxembourg, Russia, Switzerland, United States, Canada (winter wheat), India, Japan, Algeria, Tunisia, England, Wales, Hungary (excluding Croatia and Slavonia).

Rye—Preliminary figures of production in Prussia are 89,584,000 bushels. The total production in the following named countries is estimated at 1,498,000,000 bushels, which is 8.8 per cent less than was produced in same countries last year: Belgium, Bulgaria, Denmark, Spain, Italy, Luxembourg, Russia, Switzerland, United States, Prussia and Hungary (excluding Croatia and Slavonia).

Barley—Preliminary figures of production in Prussia are 80,386,000 bushels; Russia 479,250,000 bushels. The total production in the wheat countries named above, excluding Canada and India, is estimated at 1,143,000,000 bushels, which is 1 per cent more than was produced in the same countries last year.

Oats—Preliminary figures of production in Prussia are 298,223,000 bushels; Russia 1,073,233,000 bushels. The total production in the barley countries named above is 2,898,000,000 bushels, which is 10.3 per cent less than same countries produced last year.

Flax Seed—The total production in Belgium, Spain, United States, India and Japan, combined, is given as 42,000,000 bushels, which is 22.3 per cent less than the same countries produced last year.

CHINESE SLAY CATHOLIC PRIEST

San Francisco, Aug. 26.—Advices from China to Catholic officials here tell of the death of Father Francis Bernat, a Franciscan minister, at the hands of Chinese fanatics in a remote region of north Szechuan on June 13 last. The message said Father Bernat and a servant were traveling in Szechuan when they were attacked by members of the Chinese society of Elder Brothers, a dreaded confederation of Chinese that has opposed the march of Christianity in the orient. Both the priest and his servant were killed.

Father Bernat was a native of Barcelona, Spain. He entered upon his missionary work in China five years ago.

ROOSEVELT WITH HOPI

(Special to The Standard.)

Los Angeles, Aug. 25.—Without guards and only employing one local guide at a time to show him the short cuts through the canyon-pierced, mountain-walled deserts and over the Indian reservations of Arizona where 5000 Navajos and some thousand Apaches, Hopis and Putes, Theodore Roosevelt, accompanied by his sons Archie and Quentin, and his cousin, Nick Roosevelt, has been visiting villages and studying the redskin and his wild haunts.

J. P. Kerley of Tuba, Ariz., an Indian trader, is off the reservation for the first time in six years, and is visiting in this city. He and the pleasure of entertaining the former president and naturalist at supper a few days ago when the four Roosevelts spent two days at Tuba, having driven in their buckboards from Oraibi on the Hopi reservation, seventy-five miles with a Mexican as a guide.

Held Friends and Putes liked Col. Roosevelt as soon as they saw him, it seemed to me. They just got down off their good horses and shook hands seriously-like. The colonel smiled. Then they all smiled. He said a few words—I reckon he only knows a little Navajo talk—and then made his interpreter get busy. There was the friendliest sort of a porrow. "I surprised us white men there to find out that he knew so much about the various tribes and their ways of looking at life. He seemed to understand every Indian as if he had known him a long time and the Indians realized this."

Leaders Have Most Sheep, Wives. "This is a great town; there's a lot to see for a man who has been living among the Indians so long, but I'll be glad to get back to Tuba. There are 5000 Navajos, they say, on the reservation. Many of them own big flocks of sheep and goats and lots of cattle and horses. They're always roaming about with their herds and have no fixed home. They have no chiefs and their leaders are the men who have the biggest herds, the most wives and the largest following."

"The price of wool is low now on account of the tariff and they're not selling much, but they are making more blankets than usual. Their country is rugged and has lots of deer, bear, wolves and mountain lions, and of course they are good hunters."

Class Selves Among Whites. "They are a friendly lot of Indians and enjoy jokes of the simplest kind. They consider themselves superior to the whites and all other Indians. They hold the Mexican next to a Navajo; then in their estimation comes a Pute, next a white-skinned man and then a Hopi. They are not hard to get along with, but once in a while a Navajo will get a bill of goods at a store and later deny all knowledge

Independent Meat Co.

Cash Market With a Free Delivery.
Trade With Us and Reduce the Cost of Living

of it. Usually they pay their bills without question."

SALT LAKE & ALTA ROAD INCORPORATES

Incorporation papers were filed yesterday for the Salt Lake & Alta Railroad company with the clerk of Salt Lake county. The company is building a standard gauge railroad between Midvale and Wasatch, a distance of about eleven miles up Little Cottonwood canyon, the immediate incentive being the opening of the granite quarries in the canyon for the purpose of supplying rock for the new capitol.

The road already is in course of construction, about four miles being built, and practically all of the grade is ready for the track. A force of men is now at work laying the track over the remaining seven miles and the work will be completed as soon as possible. In addition to furnishing transportation for the granite from the quarries in the Little Cottonwood canyon, the railroad will also tap the Alta mining district and will do a general railroad business.

Incorporators of the company are J. G. Jacobs, president; F. P. Jacobs, vice president; E. C. Ashton, secretary and treasurer; George E. Cutler, W. O. Williams, Norman W. Haile and C. W. Blithen, additional directors. The capital stock of the company is divided into 4000 shares of \$25 each. Its offices are in room 2, McIntosh building, Salt Lake.

PATROLMAN ENTERS PLEA OF NOT GUILTY

Salt Lake, Aug. 26.—Patrolman D. C. Hathaway was arraigned before Justice Harry S. Harper yesterday afternoon on a charge of inhumanity to a prisoner. The charge is based upon Hathaway's action in striking William M. Erickson, arrested by Hathaway on a charge of disturbing the peace on the night of August 22. At police headquarters, Erickson objected to being hurried by the policeman. Blows resulted and Erickson's face was bleeding when he was booked on charges of disturbing the peace and resisting an officer. Hathaway entered a plea of not guilty and was released on his own recognizance.

ECZEMA ON BACK, ARMS AND CHEST

Broke Out in Pimples. Itching and Burning Seemed Unbearable. Hair Fell Out Terribly. Cuticura Soap and Ointment Cured.

Pierston, N. Dakota.—"The eczema started on my scalp. It finally went on to the back of my neck, then on to my back, arms and chest. It broke out in pimples first and then seemed to run together in some places, making a sore about the size of a dime. At times the itching and burning were so intense that it seemed unbearable. The more I scratched the worse it became, and there would be a slight discharge from it, especially on my scalp, so as to make my hair matted and sticky close to the scalp. The hair was dry, lifeless and thin. My hair was falling so terribly that I had begun to despair of ever finding relief. My clothing irritated the eruption on my back. The affected parts were almost a solid scab."

"I tried using ——— at first, then I tried using ——— and after an hour or so washed it off with good ——— Soap. Neither of the remedies gave any relief for the time being. I had been bothered with eczema for about a year and a half. Then I began using the Cuticura Soap and Ointment. I first bathed the affected parts with the Cuticura Soap and then applied the Cuticura Ointment. I used them daily for two months and I was cured." (Signed) Miss Mildred Dennis, Apr. 30, 1913.

Cuticura Soap (25c) and Cuticura Ointment (50c) are sold throughout the world. A single use is often sufficient when all always has failed. Liberal sample of each mailed free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. T, Boston."

Men who shave and shampoo with Cuticura Soap will find it best for skin and scalp.

Worth Trying

If you want something real good — try Jensen's Four-in-One Butter on hot biscuits.

The rich creamy essence penetrates to the crust, and, oh, how delicious!

It makes your mouth water to think of it.

But the butter must be "Jensen's Four-in-One."

No other butter is so rich, so pure, so good.

Produced by experts from the finest Utah cream.

Packed in our famous "Tuck End" package; absolute cleanliness; no waste.

Commence its use today.



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Dear Sufferer: Put it off no longer, come to see me at once.

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